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Original Article

Return to Work and Associated Factors among Workers with Stroke in Cotonou, Benin: A Cross-Sectional Study

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Article history **Subject:** Occupational Health

Abstract: (1942 Views)

Background: Stroke is a major public health problem. One of the major stroke victims are workers, posing a real occupational health problem. The aim of this study was to determine the factors associated with return to work after stroke in Benin.

Materials and Methods: A cross-sectional study was carried out from May 30 to August 30, 2023 in the Neurology and Physical Medicine and Rehabilitation university clinics of the NUHC-HKM. It involved consenting stroke patients followed up in the two clinics from January 1, 2018 to December 31, 2022. Data were collected by means of a physical examination, a questionnaire and the calculation of various scores assessing the degree of disability. Statistical analysis was performed using R software. Logistic regression was performed, where the strength of associations was calculated using odds ratios. Statistical tests had a significance level of 5%.

Results: A total of 326 people participated in the study. There were 199 men (61%), presenting a sex ratio of 1.6. Just under half (48.8%) were administrative staff and the other half (51.2%) manual workers. More than half of the 144 respondents (56.6%) were self-employed. The average age at stroke was 49.8 + 9.6 years. Half of the patients (50%) had returned to work, with an average delay of 7.29 +7 months. Factors associated with reintegration included administrative employment (p=0.002),

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minor stroke (p<0.001), short hospital stay (p=0.002), and completion of post-stroke rehabilitation (p=0.039).

Conclusion: Post-stroke socio-professional reintegration is linked to clinical and professional factors. The absence of deficit disorders or the presence of minor deficit disorders facilitated the resumption of a professional activity. It is necessary to insist on the prevention of risk factors and to accompany self-employed workers in the care process.

Keywords: Stroke [MeSH], Workers [MeSH], Work [MeSH], Benin [MeSH]

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